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JEFF HARPER/METRO

YOGA-TTA COOL DOWN

HALIGONIANS TAKE A NOON-HOUR CLASS AMID SOARING TEMPERATURES

'This is surprising and terrible news'

EDUCATION

Cuts to psychology internships worry students



Haley Ryan
Metro | Halifax

Marcel Peloquin says he can't quite explain how he felt when he realized he'd have to leave the province to complete his psychology degree. Peloquin, a clinical PhD psychology student at Dalhousie University, said Wednesday the provincial government's decision to cut \$220,000 in funds for eight internships means he will have to look outside Nova Scotia to

complete his training. "I don't know the right words for it, but it (was) a sinking feeling," Peloquin said. "It's a huge disruption to life." The loss of that internship funding means any psychology doctorate student hoping to stay and train in Nova Scotia will now look elsewhere for paid internships, Peloquin said. The 33-year-old student, who

said he came to Halifax from Winnipeg due to Dalhousie's reputation, said he's been in university for more than a decade and is tired of moving around so often. "If someone's offering me work and a place and is offering to train me, too, and saying, 'You don't have to move another time' — I don't think I'd come back," Peloquin said. "This is hard. A lot of us have started

families, have young children." The province had to make "tough budget choices," such as cutting the funding this spring, as Nova Scotia continues to face "serious financial challenges," health department spokesman Tony Kiritsis said in an email. The Nova Scotia Health Authority and IWK Health Centre have committed to funding the internships for those under con-

tract this fiscal year, Kiritsis said. Peloquin and the Dalhousie Student Union said citing financial challenges is "short-sighted" of the province, since the cuts drive away students that cost a third of the salary of a certified psychologist, and can help fill badly needed jobs in rural areas. "For the province on whole, this is surprising and terrible news," Peloquin said.



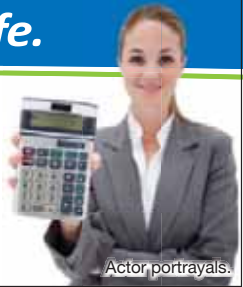
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Darren Greer started the Identification Clinic after realizing street-involved individuals need key pieces of ID to vote in civic elections, open bank accounts or find employment. JEFF HARPER/METRO

Giving Halifax's homeless 'what we take for granted'

COMMUNITY OUTREACH

Clinic helping street-involved get photo ID



Stephanie Taylor
Metro | Halifax

Like most Canadians, Darren Greer had the federal election on his mind.

More precisely, the Halifax-based author and experienced shelter worker was thinking about voting when he realized that most of those who are homeless or disadvantaged could never vote, for the simple fact they lack provincial

photo ID.

Applying for a job and opening a bank account are also out of the question. That's how the idea originated to found The Identification Clinic — a new non-profit service that helps those who are street involved get photo identification, bank accounts and birth certificates.

"This is a practical thing," Greer explained, standing outside of the Salvation Army men's shelter Wednesday on Gottingen Street.

"We're not trying to save

the world. Let's just get some ID into the hands of people who can use it."

How the new service works is simple: Someone calls or emails, then a volunteer picks them up and drives them to Access Nova Scotia at no charge.

Paying for the cost of the IDs, which is a barrier to those who are financially insecure, is covered by money Greer and a few volunteers have managed to raise, as is a free lunch at Tim Hortons.

"We're asking people to get

jobs ... but we don't address the fact they actually can't do that if they don't have identification," said Greer.

Transportation is another major issue, especially for those who cannot access bus tickets, he said.

"What we take for granted, they don't have."

The end goal of the program is to ensure someone comes back with photo ID, even if that means extra trips to first replace a birth certificate or a health card, he said.

One of the problems many who are street involved face is that most shelters or outreach programs lack the budgets to cover the cost for identification, save a few caseworkers.

Jamie Arenburg, who stays

+ BACKGROUND

To inquire into the group's services, the office can be reached by phone at 902-292-4587 or by email at theidclinic@gmail.com.

at the Salvation Army's men shelter, is one such example — he lost his ID cards and cannot afford to replace them.

Without ID, he said, "it leaves you nowhere. You can't do anything. You can't get a bank account, nothing. You're lost."

"It's basically like he doesn't exist," Greer added. "He can't interact at all with the official world without it."

FREEDOM OF THE CITY

Parade hits the streets on Friday

The 78th Highlanders will hit downtown Halifax streets Friday for the Freedom of the City parade.

The annual tradition dates back to the Roman Empire, as the march was first "granted to military units that had gained the trust of a municipality," according to an HRM news release issued Wednesday.

The parade starts at 11 a.m., with a special inspection inside the Halifax Citadel National Historic Site, continuing from the historic site east on Sackville Street, north on Brunswick Street, east on Duke Street, then south on Barrington Street and into the Grand Parade.

Following further inspection in the downtown square, the march will continue on Barrington Street and conclude by 1 p.m. at Government House, the Halifax Regional Municipality release said. METRO

VEHICLE ROBBERIES

Lock your car doors: Police

In light of several recent thefts from motor vehicles, Halifax Regional Police are reminding citizens to lock their vehicles, make sure windows are closed, and remove anything valuable when leaving cars unattended.

According to an HRP news release Wednesday, Comstat crime analysts have noticed an increase in thefts from motor vehicles in the Portland Hills subdivision of Dartmouth.

Between Aug. 12 and 17, police received nine reports of items stolen from inside unattended vehicles in the area.

In some cases, the vehicles were left unlocked with objects still inside.

Items that have been stolen include a wallet, gift cards and sunglasses. In one case, a bicycle was removed from the vehicle's bike rack.

Police say thefts from vehicles are usually crimes of opportunity with visible items tempting would-be thieves.

METRO

“It leaves you nowhere. You can't do anything. You can't get a bank account, nothing. You're lost.”
Jamie Arenburg

Got paper and pencils?

CHARITY

Non-profit lacks enough school supplies to aid 500 applicants

Rebecca Dingwell
For Metro | Halifax

With September fast approaching, the Parker Street Food & Furniture Bank is asking for the public's help in providing school supplies for the Halifax area's lower-income families.

The non-profit group said Wednesday that it's currently experiencing an extreme shortage in supplies and backpacks. Parker Street has been participating in a back-to-school program for about eight years. However, organizers are worried they won't be able to keep up with the demand in time for this year's school season.

Cynthia Louis, associate director of planned giving at the food bank, said the organization already has around 500 applicants to the program —



Cynthia Louis, associate director of planned giving at the Parker Street food bank, said the organization is particularly concerned about getting items for older students in Grades 9 through 12, since materials tend to come with a steeper price tag. JEFF HARPER/METRO

and not enough pencils and books to give them.

"Most of the stuff we get is from donors, and we haven't been getting many donations recently," Louis said Wednesday.

"I don't know if it's because it's just the (summer) holi-

"We haven't been getting many donations recently."

Cynthia Louis

days."

The goal of Parker Street's back-to-school program is to provide less-advantaged children with backpacks filled with paper, crayons, pens, pencils and other essential classroom tools.

"It's hard, especially if the

person is on social assistance (and) they have more than one child," Louis said.

"It's a lot to deal with — trying to pay bills, get new school clothes, school lunches, the whole nine yards."

Usually, Louis explained, supplies for the older students are the hardest to come by — particularly when it comes to Grades 9 through 12.

She said geometry sets, French/English dictionaries and graph paper needed for high-school students tend to be more expensive.

"We want to make sure we have those for the higher grades," Louis said.

"When they reach that age, they are more prone to drop out. So, imagine if they don't have the necessary tools."

The food bank is on a tight timeline, with applicants expecting to receive supplies in two weeks. Louis said it's important to be able to give them what they need.

"We want to make sure the next generation is prepared for whatever is to come, and the best way to do that is to educate them," she said.

IN BRIEF

Woman charged with theft, attacking guard

A woman who allegedly shoplifted from a Halifax-area grocery store and assaulted one of the shop's security guards was arrested late Tuesday night.

The 42-year-old Cow Bay woman now faces charges of assault and theft under \$5,000, according to a Halifax RCMP news release.

When two loss-prevention officers confronted her about shoplifting from the Sobeys on Forest Hills Parkway in Cole Harbour on June 19, she allegedly assaulted one of them before fleeing, jumping into her blue Crown Victoria and taking off from the parking lot. METRO

Police investigate stabbing of teenager

A 17-year-old boy was stabbed during an altercation early Wednesday morning on Cresthaven Drive off the Bedford Highway.

Halifax Regional Police said the victim was taken to hospital with non-life-threatening injuries. METRO

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Nova Scotia doughnut makes the final four

TIM HORTONS

Bragging rights, \$10,000 on the line in national contest



Zane Woodford
Metro | Halifax

A Nova Scotia man is hoping his French Toast Deluxe doughnut will take the country by storm.

"French toast is one of my favourite breakfast foods, and I'm hoping it's many others' as well," David Maguire said.

The 21-year-old Wolfville stu-



It's not too sweet and it's not too heavy.

David Maguire on his entry, the French Toast Deluxe

dent's concoction has been selected as one of the final four in Tim Hortons' Duelling Donuts contest.

Maguire said he came up with the doughnut by trying to figure out a way Tim Hortons hadn't yet incorporated maple into a doughnut.

He went online, picked his doughnut type, the filling and the icing, eventually settling on a cruller with maple cream filling, topped with dark chocolate icing and pecans, and drizzled with even more maple.

"Hopefully it's a doughnut that can bring back a lot of great memories from around the breakfast table," Maguire said.

"It's not too sweet and it's not too heavy. It's just a great tasting doughnut."

When he made the final eight, Maguire got an all expenses-paid trip to Tim Hortons headquarters in Oakville, Ont. where his doughnut faced off against seven others to get down to the final four.

A panel of celebrity judges



Duelling Donuts finalist David Maguire, second from right, with judges Sophie Tweed-Simmons, Jann Arden and deadmau5.

CONTRIBUTED

— Jann Arden, Sophie Tweed-Simmons and deadmau5 — had the tough task of tasting all eight doughnuts and choosing the finalists.

Unfortunately, you'll have to wait to taste the French Toast Deluxe yourself.

The voting stage of the contest — which will narrow the final four down to two — is already

underway, and ends August 31.

Next Spring, Tim Hortons will sell the two final doughnuts across the country. Whichever sells more is the winner, and its creator gets \$10,000.

Maguire said if he won, the money would mostly go to paying off student debt, "or not adding any," but he might spend a couple bucks on a trip.

LABOUR

Government targets five-year union deals

Nova Scotia's finance minister told public-sector unions Tuesday that provincial government employers will be instructed to negotiate five-year deals with wage increases that don't require tax hikes.

Randy Delorey said he held the meeting with 12 unions in an effort to outline the Liberal government's position before contract talks begin this fall.

After the meeting, Delorey said he informed unions that limited wage increases are on the table over five years and he's looking for union suggestions on program savings that could then be used for additional wages for the 50,000 public workers.

Delorey declined to indicate the percentage of wage increases provincial employers would be authorized to put forward.

But any increases will have to conform with the province's fiscal plan to balance the budget by 2017-18 and must not require tax increases, he said.

"It (the fiscal plan) does include the provisions for the employers to take to the table and negotiate increases over the life of the contract," Delorey said.

Delorey gave a presentation



They want to come out of this with sound bites and come out in the spring and say, 'We took the unions on.'

Danny Cavanagh, president of CUPE Nova Scotia

to union leaders that reminded them of the province's \$15-billion debt, saying that even a one-per-cent increase to public-sector salaries would add \$52 million a year to expenses.

Joan Jessome, president of the Nova Scotia Government and General Employees Union, said the government is essentially telling unions it has little interest in collective bargaining.

"There's no opportunity now for us to negotiate at the bargaining table when we've been directed to have a five-year deal, we've been directed there's no more money, and if we want to find anything we take it out of what's there," she said.

THE CANADIAN PRESS

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Argyle Fine Art owner Adriana Afford hopes that Thursday's fourth quarterly public exhibit in Halifax and Dartmouth will prompt more frequent visitors. JEFF HARPER/METRO FILE

'Free and fun' show to run all day

CULTURE

Downtown Artwalk gives more time to enjoy galleries



Zane Woodford
Metro | Halifax

Looking for some eye candy for your Thursday?

Look no further than the fourth quarterly Downtown Artwalk in Halifax and Dartmouth, going on until 8 p.m. tonight.

"It's a great way to remind people that galleries are not

scary places, and that every one of them encourages people to visit whenever they can," said Adriana Afford, owner of Argyle Fine Art — one of 18 galleries taking part this year.

"We want to remind people that we're there all the time," she said Wednesday.

The last few events only went from 6 to 8 p.m., so this time around, Afford is hoping to get more people out.

"People just couldn't get to as many places as they wanted to," she said.

This way, she said, people can go to a gallery on their lunch break, or they can make an evening of it, and go out for a drink afterwards.

+ WHEN & WHERE

The full details are on the Downtown Artwalk Facebook page, and you can follow along throughout the day on Twitter with the hashtag #artwalkhrm.

ZANE WOODFORD/METRO

The other new component this year is the scavenger hunt.

If you go to three or more galleries and answer the scavenger hunt questions correctly, your name is put into a draw to win a gift basket full of art, and a \$200 prepaid Visa card.

But the best part, Afford said, is that it's "free and fun."

People can go to as many galleries as they like — including Studio 21, Dart Gallery and SHAG Gallery — on either side of the harbour, and if that's not enough, Thursdays are free night at the Art Gallery of Nova Scotia.

“There's such a variety of galleries and artists in our city ... there's more than enough interesting things to check out.”

Adriana Afford, owner of Argyle Fine Art

BUSINESS COMMISSION

Argyle Street a 'smashing success'



Stephanie Taylor
Metro | Halifax

The painted Argyle on Argyle Street is a smashing success, according to the Downtown Halifax Business Commission.

Spokesman Brenden Sommerhalder said Wednesday the commission anticipated the pilot to be popular, but never expected the newly painted blue and green street-scape to generate the response it has over the past few weeks.

"People are ecstatic," he said, adding the only complaints so far is that the project isn't sticking around longer.

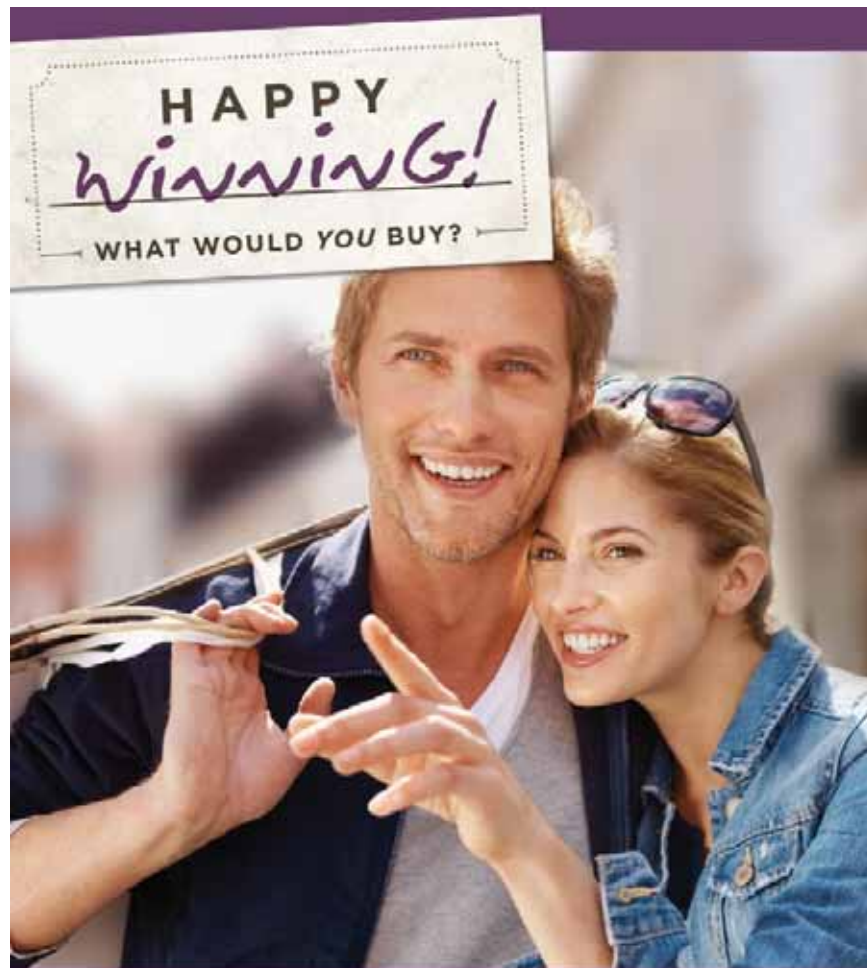
Since the pilot launched July 26, Sommerhalder explained the commission has been surveying visitors and businesses along the block on what they think of the project.

Of the respondents, 88 per cent of businesses said they would support turning the street into a permanent pedestrian-friendly zone.

That's good to hear since

the commission hopes the public support for the pilot will be the "ammunition" needed to convince the city to choose a shared-street design when the new Nova Centre opens and the entire street will require a redesign, according to Sommerhalder.

This weekend's festivities will see a second block of the street closed from Friday through Sunday from Sackville to Prince streets, with local restaurants serving up special eats curbside and live music.



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Weir Rockin' for the people

BACKSTAGE PASS

Fan-driven annual concert returns for ninth year

Aly Thomson
For Metro | Halifax

Stacks of paper and orange T-shirts sit scattered across folding tables inside a field house in Upper Sackville as people swirl about, the smell of fresh paint wafting through the air as the facility is transformed into a green room fit for rockstars.

It's all the makings of a rock concert, one that has drawn thousands to Weir Field for

the past nine years.

But unlike some other concerts, Weir Rockin' is planned by the people, for the people.

"We're volunteers. Every single one of us. We don't make a penny on the show," said producer Stacey Moore, one of the original founders of Weir Rockin', adding that any profits go to Springfield Lake Recreation Association.

The volunteer-run concert, back for its ninth year on Saturday, was founded to fill a void in the Sackville area, said marketing chairman Scott McKenzie.

"Most of the time we have to go into Halifax to see an event," said the Sackvillian, who expects about 3,500 fans will take in the show this weekend.

"This way you can see a band that you grew up with in your own backyard."

The community even has a say in what bands are booked. Moore said Toronto, Saturday's second act, was the most suggested band by their Facebook fans last year.

"So we had to go get them," she said with a laugh.

Moore said Helix, who will open the show, actually



Glass Tiger performs at Weir Rockin' in 2013. COURTESY ALAN ZILKOWSKY

reached out to them to play at the small but mighty concert.

Helix frontman Brian Vollmer said the band wanted to play Weir Rockin' because they love the east coast.

"We have a long history with Halifax and the area," said Vollmer from London, Ont.

"We're always looking for reasons to come back, plus I'm good friends with three guys from there by the name of Ricky, Bubbles and Julian."

McKenzie said the low ticket price (\$38) is another reason people keep returning to the field each year.

"Two people can come here for the night, have a couple of drinks and get the free shuttle home for less than the cost of going to a movie," said McKenzie of the show, which features headliners The Northern Pikes.

"It's kind of hard to pass that up."

IN BRIEF

Aging populations not an election issue: Ministers

Three Atlantic Canadian health ministers said Wednesday they're disappointed that to date the federal campaign hasn't been addressing their growing difficulties in providing health care to their aging populations.

Steve Kent, Newfoundland and Labrador's health minister, also told reporters after meeting with his Atlantic counterparts that he's disheartened little discussion has taken place on a national pharmacare program or rural health care during the election.

Victor Boudreau, the health minister for New Brunswick, said he agreed with Kent that to date there has been too much focus on the trial of Mike Duffy at the expense of the health issue.

Doug Currie, Prince Edward Island's health minister, said he's disappointed but is holding out hope there will still be announcements by the federal parties in the weeks to come. THE CANADIAN PRESS

+ SCHEDULE

Here's the lineup for Saturday's show:

- Helix: 7 p.m.
- Toronto: 8:10 p.m.
- Northern Pikes: 10:10 p.m.

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Public servants on list of leaked names

ASHLEY MADISON

If data turns out to be valid, Ottawa is top city for cheaters

The apparent email addresses of hundreds of Canadian federal, provincial and municipal government employees are contained in a massive leaked list of names purported to be users of Ashley Madison, a matchmaking website for cheating spouses.

Ashley Madison does not send verification emails, meaning the accounts might not belong to actual users of the site and could simply be the work of disgruntled tricksters. Further, the data goes back to 2004, suggesting some email addresses may no longer be operational.

In a statement, Toronto-based Ashley Madison's parent company, Avid Life Media, said it was actively monitoring and investigating the leak to determine

the validity of any information posted online.

It did not immediately respond to a question about why people can register for Ashley Madison with unverified or fake email addresses.

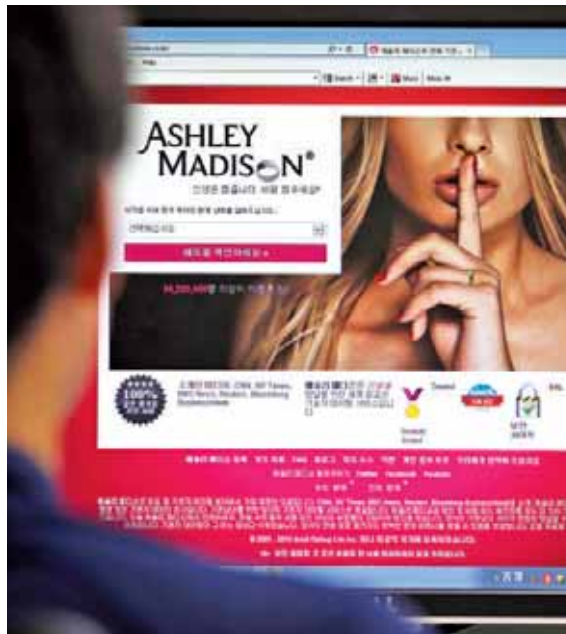
Federally, more than 170 addresses associated with the Canadian Armed Forces are on the list, and hundreds more from other departments and agencies, including justice, public works, the Canada Revenue Agency and the RCMP.

At least one MP was registered by name. Several email addresses attached to the Senate were registered although not under any sitting senators' names.

According to data on Ashley-Madison.com, there were more than 55,000 users on the website living in Ottawa in 2013, making it the most infidelity-friendly city in Canada.

Hackers leaked the list after claiming Ashley Madison refused to bow to their demands to close the site.

THE CANADIAN PRESS



Ashley Madison's Korean website in Seoul.

LEE JIN-MAN/THE ASSOCIATED PRESS FILE

RELATIONSHIPS

Infidelity a bigger issue: Therapist

Cheating can devastate any relationship — but what to do with the remnants?

If your spouse or partner might be cheating, confront, talk and be honest, "but not in an accusatory way," says relationship expert Kimberly Moffit, who heads KMA Therapy in Toronto.

Cheating is a symptom of an underlying problem, she said — if you want to remain a couple, solve that.

"Just because they signed up for a site, it doesn't necessarily

mean they had a physical affair," she added, but that's beside the point.

Whether to believe one's partner actually cheated would depend on individual situations, but a person's name being on Ashley Madison is in itself a problem, Moffit said.

Often, cheating — or the intention to cheat — is a result of neither party putting effort into a relationship or a series of unresolved disagreements, she said. TORSTAR NEWS SERVICE

DATA HACKS

Corporate security inadequate: Expert

Canadians are clueless about the vast majority of corporate data hacks because the cost of revealing a breach hits companies' bottom lines harder than keeping consumers in the dark.

Wednesday's cyber attack on Toronto's infidelity dating site Ashley Madison shone a spotlight on a risk that usually lurks in the shadows due to a lack of legal incentives to report hacks.

"The security at Canadian organizations today is inadequate," said Claudiu Popa, CEO of cyber security firm Informatica Corp.

"In Canada, we don't have a law that is prescriptive enough to tell companies that they absolutely need to buy this or that type of technology."

Sometimes, he said, companies don't even know they've been targeted. TORSTAR NEWS SERVICE



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Harper sidesteps questions on Novak

FRAUD TRIAL

Still unclear if former aide will be fired

Conservative Leader Stephen Harper is staying mum on the fate of Ray Novak after court testimony that his top aide had direct knowledge of the secret payment to cover Mike Duffy's disputed expenses.

Pressed about the issue Wednesday during a campaign stop in London, Ont., Harper sidestepped media questions about what Novak knew and whether his long-time confidante still has his support.

"I'm certainly not going to comment on matters that are part of an ongoing court case," Harper told reporters.

On Tuesday, Duffy's fraud and breach of trust trial heard that Novak was in the room when Nigel Wright, at the time Harper's chief of staff, first told the prime minister's lawyer Ben Perin that he intended to give the embattled senator \$90,000 to repay the expenses.

That statement contradicts the Conservative party's version of events — that Novak was not in the loop on Wright's decision to personally pay Duffy's expenses.



Stephen Harper's chief of staff Ray Novak watches the prime minister speak to members of Caucus on Parliament Hill in May 2013. ADRIAN WYLD/THE CANADIAN PRESS FILE

The latest revelation puts a spotlight on Novak, who was promoted to chief of staff after Wright was forced out when his payment to Duffy became public in 2013.

It also raises fresh questions about what Harper himself knew

about the deal. The Conservative leader has repeatedly said he had no knowledge that Wright himself had covered Duffy's costs.

Harper refused to respond to direct questions about whether Novak had his support and would remain involved in the ongoing

election campaign.

Both the Liberals and New Democrats are calling on Harper to fire Novak and on Wednesday, Liberal leader Justin Trudeau urged the Conservative leader to "come clean" on the affair.

TORSTAR NEWS SERVICE

ELECTION 2015

Liberals promise flex work

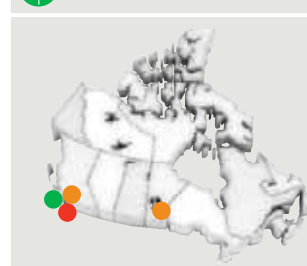
Under a Liberal government, one million employees would have the right to request flexible work hours to help them balance the demands of work and family, Justin Trudeau said Wednesday.

Trudeau told a Winnipeg rally that, if elected this fall, his party would ensure all employees covered by federal labour law would have the legal right to ask their bosses for flexibility in their workday start and finish times, as well as the ability to work from home.

"The way Canadians work is changing. The way Canadians live is changing," he told about 200 supporters. "It's about recognizing that we can increase the productivity for Canadians and protect their quality of life in a way that will grow the economy."

A Liberal government would amend the Canada Labour Code and would also work with provincial and territorial governments to put the same rights

WHERE THE LEADERS ARE TODAY



● **Justin Trudeau** will be in Victoria, B.C., to make an announcement.

● **Tom Mulcair** will be in Vancouver and will attend a rally in Winnipeg.

● **Elizabeth May** will attend a concert in Brentwood Bay, B.C.

Stephen Harper's itinerary was unavailable.

into their own labour legislation, Trudeau said.

While employees would have the right to ask for more flexible work hours, there is nothing in the Liberal plan that would require employers to grant the request. "The employee is allowed to ask and the employer needs to formally respond in writing to that request," Trudeau said.

A similar plan in the United Kingdom has shown that about

80 per cent of requests from employees for changes in work hours are eventually granted, he added.

But NDP Leader Tom Mulcair called the proposal "wanting" and wouldn't say whether his party would support a similar initiative.

"You're going to be allowed to ask for flexible hours but your employer can say no," Mulcair said during a stop in Surrey, B.C.

"Well, that's already the case today so I'm not too sure what they announced, to be honest with you."

The Conservatives criticized the proposal saying the "entire 'policy' involves employers writing a letter."

"Justin's announcement lacks any teeth or enforceability, and does not apply to the vast majority of workers," the party said in an emailed statement.

Dan Kelly, president of the Canadian Federation of Independent Business, said it's not clear what the Liberal proposal would accomplish. Informal requests are made by employees across Canada already and are granted, he said.

In fact, he said current labour law can stand in the way of such arrangements by binding the hands of employers to pay overtime. By enshrining the process in legislation, Kelly said it could create more red tape.

THE CANADIAN PRESS



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metr NEWS World

Thursday, August 20, 2015 11

Guilty plea expected

CRIME

Ex-sandwich pitchman may face up to 30 years in prison

Longtime Subway pitchman Jared Fogle agreed Wednesday to plead guilty to allegations that he paid for sex acts with minors and received child pornography in a case that destroyed his career at the sandwich-shop chain and could send him to prison for more than a decade.

Prosecutors allege that Fogle knew the pornography had been secretly produced by the former director of his charitable foundation, which sought to raise awareness about childhood obesity and arranged for Fogle to visit schools and urge

children to adopt healthy eating and exercise habits.

Authorities reviewed tens of thousands of text messages and emails as part of their investigation into Fogle, who used "wealth, status and secrecy" to exploit children, U.S. Attorney Josh Minkler said.

A tight-lipped Fogle sat in federal court with his hands clasped and quietly answered "no" when the judge asked whether he had any questions about his rights.

He is expected to enter the formal plea at a later date to one count each of travelling to engage in illicit sexual conduct with a minor and distribution and receipt of child pornography.

The agreement released by prosecutors said Fogle will pay \$1.4 million in restitution to 14 minor victims, who will each receive \$100,000.

He will also be required to register as a sex offender and undergo treatment for sexual disorders.

The child-porn charge carries a maximum penalty of 20 years in prison.

The count involving sex with a minor is punishable by up to 30 years. THE ASSOCIATED PRESS



Former Subway spokesman Jared Fogle leaves his home in Zionsville, Ind., last month. MICHAEL CONROY/THE ASSOCIATED PRESS FILE

SOUTH AFRICA

Pistorius' early release withdrawn

Two days before he was due to leave prison, Oscar Pistorius' early release was suddenly put on hold Wednesday by South Africa's Department of Justice, which sent his case back to a parole board.

It was unclear when the board would be able to meet again, justice department spokesman Mthunzi Mhaga said, but it was unlikely a new decision could be made by Friday's initially planned release date.

Pistorius, the double-amputee Olympic runner, is serving a five-year sentence for manslaughter for killing girlfriend Reeva Steenkamp in 2013. He was eligible to be moved from jail to house arrest after serving one-sixth of that sentence, or 10 months, which is up on Friday.

Wednesday would also have been Steenkamp's 32nd birthday, and her parents earlier held a beachside ceremony in their hometown of Port Elizabeth on South Africa's south coast.

In blocking Pistorius' release, the justice department said he was approved for home correctional supervision by parole officials in June, only eight

months into his sentence. By law he should have served 10 months of his sentence before his case could be reviewed, the department said.

"It is apparent therefore that the decision to release him on 21 August 2015 was made prematurely on 5 June 2015 when the offender was not eligible to be considered at all," the justice department said in a statement.

Spokesman Mhaga said "the decision of the parole board will have to be suspended" until the board can meet again for a fresh hearing. Justice minister Michael Masutha would now study Pistorius' "profile" and the original parole-board decision, the department said.

The earliest the board could now meet again would be Friday.

The justice minister's decision to review Pistorius' early release was "valid," said Mannie Witz, a South African criminal-law expert, but continuing Pistorius' detention could be challenged in court. The review would not affect Pistorius' future eligibility for release, Witz said.

THE ASSOCIATED PRESS

\$1.4 million

The amount the accused will pay in restitution to his victims, \$100,000 each.



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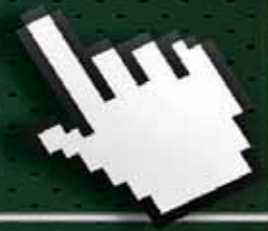


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14 Thursday, August 20, 2015

Business metro NEWS

Germany OKs bailout

GREECE

Yes vote comes in nick of time for Thursday's debt deadline

Germany's parliament overwhelmingly approved a third bailout for Greece on Wednesday, removing the last hurdle to providing new loans to the country and keeping it from defaulting on its debts in as little as 24 hours.

The vote's result also dispelled speculation that Chancellor Angela Merkel would have difficulty getting her conservative bloc to sign on. Lawmakers voted 453-113 in favour, with 18 abstentions.

Along with an approval from the Dutch parliament, the German vote means Greece is cleared by European states' parliaments to get the first instalment of its new 86-billion-euro (\$95 billion US) three-year package of loans.

The country needs the cash to make a debt repayment Thursday.



People stroll past a souvenir shop in central Athens, Wednesday, a day before Greece was due to make a payment to avoid defaulting. PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

The German parliamentary approval was never in doubt, but in a similar vote last month, 60 members of Merkel's conservative bloc voted against. Some local media had speculated that as many as double that could rebel this

time as Germans are increasingly skeptical about giving Greece more money, but in the end only 63 from her bloc of 311 voted against.

German Finance Minister Wolfgang Schaeuble, a senior member of Merkel's Christian

Democratic Party who has been one of the harshest critics of Greece, may have helped the cause, as he lobbied hard ahead of the vote for the passage of Greece's third bailout in five years.

Schaeuble told lawmakers

If Greece stands by its obligations ... then the economy can grow again.

German Finance Minister Wolfgang Schaeuble

that while voting in favour of the bailout wasn't an easy decision for him, approval of the three-year loan package is "in the interest of Greece and the interest of Europe."

Germany is the largest single contributor to the bailouts, and many in Schaeuble's party remain skeptical. Merkel's coalition partner, the Social Democrats, and the opposition Greens also backed the deal.

In the Netherlands, a majority of lawmakers also gave its backing to the new Greek rescue after a heated debate in which Prime Minister Mark Rutte was attacked for reneging on an election pledge to not approve another bailout for Greece.

THE ASSOCIATED PRESS

NEW BRUNSWICK

Refinery plans big project

Canada's largest oil refinery will announce details this week of what it calls the largest maintenance project in the company's history.

A notice from Irving Oil says the project, which will be revealed Thursday in Saint John, N.B., will be one of the largest private sector investments in Canada this year.

Premier Brian Gallant has been hinting for days that a major announcement is coming that could create thousands of jobs in southwestern New Brunswick. "Anything that will help us create jobs ... is welcome."

Gallant said the Irving project is private sector investment, without government funding. The Irving Oil refinery opened in 1960 and produces more than 300,000 barrels of refined product each day. The facility has been upgraded numerous times over the years, including a \$1.5 billion project in 2000. THE CANADIAN PRESS

FDA clears female sex pill Addyi, but with warning

The U.S. Food and Drug Administration has approved the first prescription drug designed to boost sexual desire in women, a milestone long sought by a pharmaceutical industry.

But stringent safety measures on the daily pill called Addyi mean it will probably never achieve the sales of Viagra.

The drug's label will bear a boxed warning — the most serious type — alerting doctors and patients to the risks of dangerously low blood pressure and fainting, especially when the pill is combined with alcohol. The same problems can occur when taking the drug with other prescribed medications,

including antifungals used to treat yeast infections.

Opponents of Sprout Pharmaceutical's drug say it's not worth the side effects, which also include nausea, drowsiness and dizziness. They point out that the FDA rejected the drug twice, in 2010 and 2013, due to these risks.

"This is not a drug you take an hour before you have sex. You have to take it for weeks and months in order to see any benefit at all," said Leonore Tiefer, a psychologist and sex therapist who organized a petition last month calling on the FDA to reject the drug.

The search for such a pill was

pursued and later abandoned by Pfizer, Bayer and Procter & Gamble. Drugs that act on blood flow, hormones and other biological functions all proved ineffective. Addyi, known generically as flibanserin, is the first that acts on brain chemicals that affect mood and appetite.

THE ASSOCIATED PRESS

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2015

BETWEEN:

SUPREME COURT OF NOVA SCOTIA
CIBC Mortgages Inc., a body corporate
- and -
Mary Margaret Mulloy and Miroslaw Krawczynski

Hfx No. 435711

PLAINTIFF

DEFENDANTS

NOTICE OF PUBLIC AUCTION

To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

Property:

Building, lands and premises known as 46 Jamils Road, Prospect, Halifax County, Nova Scotia, identified by PID 40786758 and referenced at Schedule "A" of the mortgage dated October 22, 2004 and recorded at the Land Registration Office for Halifax County as Document No. 76549444. This property is registered pursuant to the Land Registration Act.

Together with an easement/right of way and subject to restrictive covenants described in a deed recorded on October 27, 1997 at the Halifax County Registry of Deeds in Book 6135 at Page 1218 as Document No. 46121.

Subject to an easement/right of way described in a deed recorded on December 17, 2008 at the Halifax County Land Registration Office as Document No. 92400853.

A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Prothonotary's office and may be inspected during business hours.

Date of Sale: Tuesday, August 25, 2015

Time of Sale: 10:00 a.m. local time.

Place of Sale: Halifax Law Courts, 1815 Upper Water Street, Halifax NS B3J 1S7.

Terms: Ten per cent (10%) deposit payable to "BOYNECLARKE LLP "in trust" by cash, certified cheque or solicitor's trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.

Signed July 27, 2015

Nicholas C. G. Mott
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ROSEMARY WESTWOOD

metroview

Distancing is easier than dealing with the deeper issues

It's distancing time.

First, for Subway and its sandwiches. Few things were more profitable, once, than a slimmed-down Jared Fogle holding a tuna footlong.

But Fogle is pleading guilty to child-sex and child-porn charges, and child abuse doesn't sell sandwiches.

Subway is scrubbing its image clean — taking down Fogle's picture in restaurants and ending their partnership.

"We no longer have a relationship with Jared and have no further comment," the fast-food giant tweeted on Tuesday.

It found more to say on Wednesday morning, after federal prosecutors released details of Fogle's guilty plea, and the fact he'll pay \$100,000 to each of 14 victims.

"Jared Fogle's actions are inexcusable and do not represent our brand's values. We had already ended our relationship with Jared," read a company tweet.

If there's ever a time to agree with a corporation, it's on the count that Fogle's consumption of child pornography and his interstate trips to have sex with minors do not represent Subway's "values".

Then, for Ashley Madison, purveyor of affairs, it's a bit of a different dance. The company is distancing itself from the criminal behaviour of hackers who finally dumped

the details of 32 million accounts. (It's always kept a safe distance from the moral high ground.) It's hardly had to defend its security practices, since hacks have become the new norm.

If you're one of Ashley Madison's millions of unmasked affair-seekers, the task of distancing yourself from your scheming self is trickier.

It will mostly be a more private affair — fewer Twitter statements, more head-hanging. Less "We no longer have a relationship" and... well, maybe a bit of that.

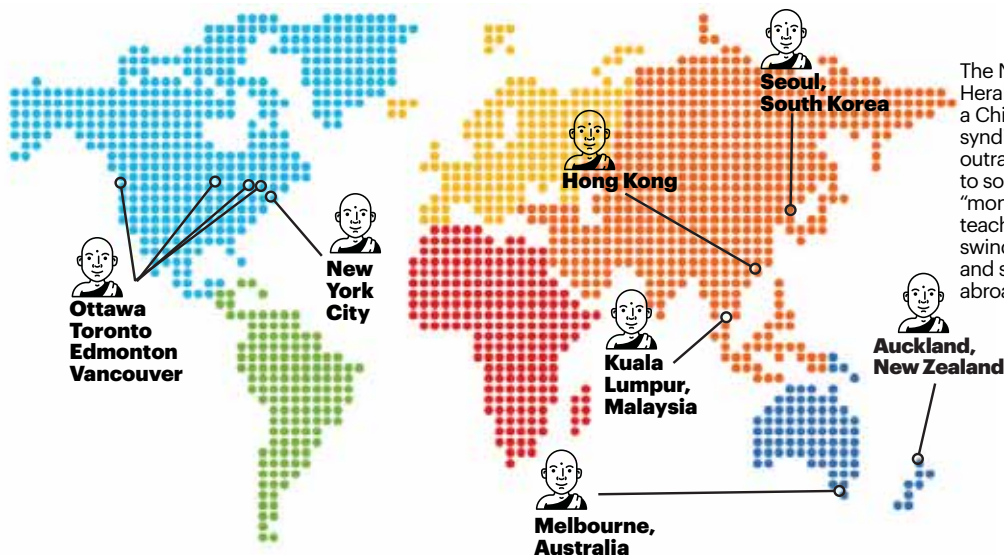
Ashley Madison devotees will need to operationalize their "If I'm outed" plans: Delete all traces of attempted or achieved affairs, secure a marriage counsellor, and gently prod friends for a spot on the couch. That's assuming public shaming is kept to a minimum, which might, admittedly, be assuming too much.

For the rest of us, there is the final act of distancing. By indulging in voyeuristic stories of cheating husbands, we don't have to look at the greater dysfunction of a society with million of sexless or bad-sex marriages. By turning a story of child sexual abuse into a story about Subway restaurants, we don't have to look at the greater network of criminals who bring children to men like Fogle.

We have no further comment.

THE BIG THING: BOGUS BUDDHISTS

The routine is suspiciously similar in cities around the world: Men dressed in flowing orange robes approach passersby, slipping a bracelet onto their wrists or handing them a gold-foil token with a garbled platitude like "Work Smoothly Lifetime Peace." Then they demand a donation of \$10 or more, sometimes with a story about a temple needing repair. But it's a ruse: Though real monks may accept donations of food, the monastic lifestyle forbids begging. This has spurred speculation about where these not-so-pious panhandlers came from and if their efforts are organized. Here are just a few places where they've been spotted.



Trophy hunting actually helps lions like Cecil

Gabriel Zarate



If you don't know who Cecil the lion was by now, you've been living in a cave. Actually, even people in caves probably have Internet and know about Cecil, too. But they probably haven't been living near lions.

Because in all the international furor over Cecil, who was killed outside Hwange National Park in Zimbabwe in July, one important thing to know about lions has been forgotten: Lions eat people.

It doesn't happen often, but it is a fact of life for people living in countries where lions roam free. In Tanzania, where human population growth has squeezed habitat space for lions and depleted their usual prey animals, 871 people have been killed or wounded by lions from 1990 to 2005, according to the journal Nature.

As such, lions aren't the most popular neighbours. Zimbabwean academic Goodwell Nzou wrote in the New York Times that villagers, armed with machetes and spears, keep children indoors when they know a lion is in town.

"In my village in Zimbabwe, surrounded by wildlife conservation areas, no lion has ever been beloved, or granted an affectionate nickname. They are objects of terror."

Without the protection of the law, lions may be killed or driven out of the area to protect children and livestock.

Many wildlife management experts believe trophy hunting encourages governments to protect lions as assets, rather than allowing villages to exterminate them as pests. According to one 2012 study, a single sport hunt brings \$24,000 to \$71,000 US into the local economy.

While the international media wrings its hands over Cecil's death, driven by arm-

chair outrage on social media, Africans shake their heads. Sub-Saharan African countries are impoverished compared to the West. Their wilderness is vast, wildlife patrols aren't free and poaching and habitat loss are far more serious threats to animal populations than trophy hunting, according to the International Union for Conservation of Nature.

Contrary to popular wisdom, lions aren't technically endangered. The IUCN Red List lists the lion as "threatened," meaning some populations are thriving while some are not. The major risk to the lion as a species — the reason their population declined 42 per cent from 1993 to 2014 — is primarily habitat loss.

When a rich foreigner spends tens of thousands of dollars on a hunt, it injects that money into national and local economies. Money may be the root of all evil, but try telling that to a Zimbabwean with kids to look after.

The money from trophy hunts helps pay for the salaries and equipment of wildlife conservation officers, who can still be outgunned by poachers serving a multi-million-dollar illegal trade in animal parts. In some countries the income from trophy hunts goes directly to conservation programs.

Trophy hunting indirectly helps preserve habitat for lions and their neighbours — cheetahs, leopards, impala and so many others. Without this commercial incentive, people do what people have done for millennia: Raze the wilderness to create farmland or pasture.

The Twitterverse can be moan the death of one majestic animal all it wants, but until the crushing poverty in Africa is addressed and defeated, there will always be more Cecils.

Gabriel Zarate is a Toronto-based editor who spent three years reporting from the Canadian North.

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Eating her way through books

VORACIOUS

Turning a love of reading and food into a literary feast

Henrietta Walmark
Metro | Canada

A butcher, a baker, a Yummy Books blog maker — Cara Nicoletti is all that, and the author of *Voracious: A Hungry Reader Cooks Her Way Through Great Books* (Little, Brown and Company, \$34, Aug. 18).

A collection of recipes inspired by literature, *Voracious* grew out of Nicoletti's blog that in turn was an extension of a book club turned supper club whose popularity outgrew her modest Brooklyn apartment.

Although Nicoletti as a kid wanted to write fiction and moved from her hometown of Boston to study literature at NYU in 2004, she never imagined she would write a book about food.

"To be really honest, I thought my blog would only be read by my family and my closest friends," Nicoletti says. "I never thought it would turn into a book."

Food is important in her family. "My mom's side is Jewish and my dad's side is Italian and both cultures are food obsessed and really love to gather and eat together."



Cara Nicoletti gathered her lit-themed recipes into a memoir. CONTRIBUTED



things at once. I still do."

When asked about food's influence on her life, Nicoletti laughs. "It's everything. All day long, it's on my brain."

"I spent a lot of years wringing my hands over the fact that food is my greatest comfort. Food and books are both my greatest comfort. I'll never be one of those women who gets really worked up and forgets to eat. The older I get the more I realize that this is not only my biggest comfort but the way I understand and experience the world," she says. "I never feel more like myself than when I'm

cooking or eating a meal with people that I love."

Nicoletti's joy at being in her element makes *Voracious* a feast for body and soul. The book unfolds as a chronological memoir: Nicoletti recalls stories from *Hansel and Gretel* (Gingerbread Cake with Blood Orange Syrup) to *Pride and Prejudice* (White Garlic Soup) to *Gone with the Wind* (Brown Butter Crepes). But it's her ability to recreate her intimate experience of reading books and their role as her muse that makes *Voracious* a collection to be savoured.

Though some readers might

INSPIRED BY A JOAN DIDION ESSAY

"Goodbye to All That" Grilled Peaches with Homemade Ricotta

Makes 6 filled peach halves

- 3 1/2 cups whole milk
- 1/2 cup heavy cream
- 3/4 teaspoon coarse sea salt
- 3 tablespoons fresh lemon juice
- 3 ripe peaches, cut in half and pitted
- 2 tablespoons olive oil, plus more for drizzling
- 2 teaspoons sugar
- Flaky sea salt (such as Maldon), for serving
- Coarsely ground black pepper, for serving

Pour the milk, cream and salt into a large, heavy-bottomed pot and cook over medium-low heat, stirring occasionally, until the temperature reaches 190°F on a candy thermometer. Remove the pot from the heat and stir in the lemon juice. Allow the mixture to sit for 5 to 7 minutes before straining



it through a sieve lined with three layers of cheesecloth. Let the cheese drain into a bowl for 1 to 2 hours.

Preheat a grill to medium.

Brush the peaches with the olive oil and dust them lightly with the sugar. Place the peaches, flesh-side down, on the grill and cook until char marks appear, about 2 minutes. Transfer the peach halves to bowls and spoon the fresh ricotta over them. Drizzle the ricotta with olive oil and sprinkle with flaky sea salt and coarse black pepper. Serve immediately.

Excerpted from the book *Voracious* by Cara Nicoletti. Copyright © 2015 by Cara Nicoletti. Reprinted with permission of Little, Brown and Company, New York, NY. All rights reserved.

find a couple of the book's recipes a bit unsavoury — Lord of the Flies / Porchetta di Testa (made from a pig's head) and The Silence of the Lambs / Crostini with Fava Bean and Chicken Liver Mousses — Nicoletti has no regrets about including them.

"Some of the most powerful food themes in literature aren't

necessarily the most appealing. That doesn't make them any less powerful. Those two recipes are the ones I hope readers will push themselves to try," Nicoletti says. "As a butcher that works with whole animals, I would love for people to challenge themselves to eat things on an animal that they wouldn't normally eat."

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

6 SIX@6 LAST NIGHT:

- 6 Jason Derulo
Cheyenne
- 5 Ed Sheeran
Photograph
- 4 R.City ft Adam Levine
Locked Away
- 3 Selena Gomez ft ASAP Rocky
Good For You
- 2 The Weeknd
Can't Feel My Face
- 1 Demi Lovato
Cool For Summer

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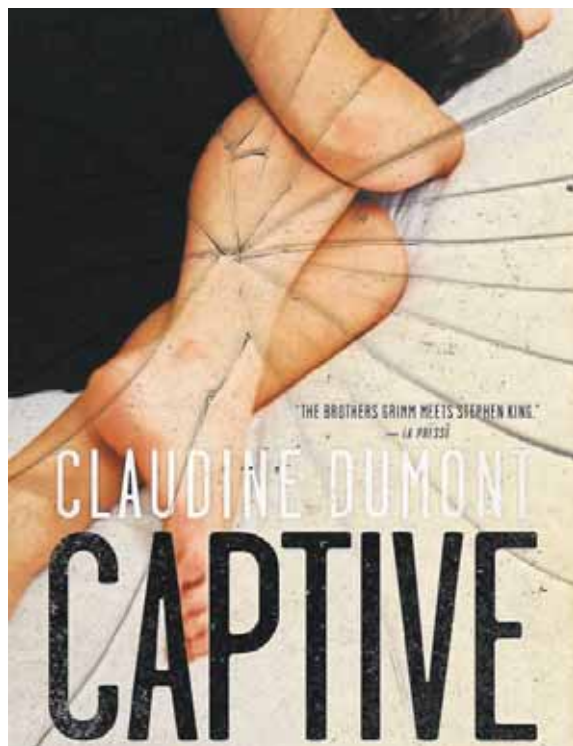
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A book that will hold you Captive



Captive owes some debt to James Frey's notorious book *A Million Little Pieces*. HANDOUT

CLAUDINE DUMONT

Quebec writer finds unlikely source for inspiration

BOOKWORM

Sue Carter



Claudine Dumont is the type of person who makes things happen.

When I catch the Quebec author and photographer by phone, she is covered in drywall dust, constructing the kitchen for Ma Souer et Moi café, a new restaurant in Laval she is opening at the end of the month with her older sister.

The siblings are both high school teachers, a profession Dumont describes as “hard and demanding and not very rewarding.”

It was Dumont's own teenage ambition — since she was 14 and first read John Irving — to become a writer. After

10 years of literature studies, she published her debut novel, *Anabiose*, in 2013.

She had two dreams for the book, both of which came true. Weeks after its release in French, she was contacted on Facebook by a producer interested in buying the film rights.

The adaptation goes into production early next year. Dumont also dreamt of an English-language version of the novel: *Captive* is out now with House of Anansi Press, with a translation by Montreal's David Scott Hamilton.

Captive is challenging to describe without giving away the plot details that make it such an exhilarating read.

Here's what you should know: Emma, a socially isolated office worker with a thirst for tequila, wakes up in a windowless concrete room with only a mattress and a lamp.

She has no clue who put her there, or how she'll escape. Written in clipped, almost breathless sentences and brief chapters, the suspense and physical action is relentless until the bombshell end-



Claudine Dumont describes her day job, teaching, as “hard” and “not very rewarding.” HANDOUT

ing (which admittedly may frustrate some readers.)

Dumont began writing the book, which took her about two months, while between teaching contracts.

“I'm not a very social person. I don't like being around a lot of people,” she says.

“I like to retreat but the more I retreated, the less I'd see people.

“That isolation that Emma experiences is where I was. I

was taking my own reality to an extreme.”

She was also inspired by an unlikely source: a passage from *A Million Little Pieces*, the 2003 memoir that got author James Frey booted out of Oprah's book club when it was discovered that he falsified many of its details.

Dumont was struck by the scene in which Frey is about to enter a rehab centre once again. He thinks that maybe this time it will work, and his life will be better.

Dumont says it made her imagine a rehab centre for people who don't know how to live their lives fully — not necessarily for those with addictions.

As all those elements came together, and even before Dumont started writing the manuscript, she knew exactly how the story would conclude. Without giving away any spoilers, she teases, “I was leaning toward a bad ending but I think readers deserve candy at the end. That's what I like when I read.”

Sue Carter is the editor at *Quill & Quire* magazine.

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GOSSIP BRIEFS

Twilight saga over

We live in an age of reboots and remakes, and movie studios are big fans of making money, so it makes sense that we should be worried about someone relaunching the Twilight series. And Kristen Stewart

is apparently all for it — as long as she doesn't have to be in them.

"I was so genuinely, heavily entrenched in that," she tells Uproxx. "It's hard to speak to a five-year period in a few sentences, but I loved doing it."

But that doesn't mean I want to keep doing it."

NED EHRBAR/
METRO

**Payne explains**

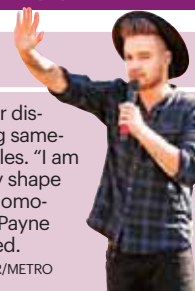
One Direction fans can apparently be a finicky bunch. Case in point: Liam Payne recently introduced a song, Girl Almighty, at a concert with what he thought was an amusing observation.

"This is my favourite song off the last album, and it is about trying to find that No. 1 woman of your life, which none of you can relate to, 'cause most of you are girls," he said.

Fans on Twitter took Payne

to task for disregarding same-sex couples. "I am in no way shape or form homophobic," Payne responded.

NED EHRBAR/METRO



DIVORCE

Fox and Green over

IN HOLLYWOOD

Ned Ehrbar



This one is kind of a bummer: Apparently one of the coolest married couples in Hollywood is no longer actually a couple.

Megan Fox and husband Brian Austin Green have reportedly split up — and they did it a while ago.

"Megan has separated from Brian," a source

tells Us Weekly. "They decided on it six months ago."

Fox and Green have been together for 11 years and married for five. They have two children together — Noah, 2, and Bodhi, 18 months — in addition to Green's 13-year-old son, Kassius, from a previous relationship. They were last spotted in public together on June 9.



HEALTH CARE

Doherty cancer diagnosis

Shannen Doherty is battling breast cancer that worsened during a lapse in her health insurance caused by her former business managers, the actress claimed in a lawsuit filed Wednesday.

The former Beverly Hills, 90210 star claims that her former business managers and accountants mismanaged her money and allowed her health insurance to lapse last year. Because of that, she said she didn't go to the doctor

until she had insurance and there was a delay in diagnosing her cancer, which will likely require more drastic treatments, including a possible mastectomy and chemotherapy.

Doherty, 44, received the diagnosis in March and her doctors have said earlier treatment might have stopped its spread, the lawsuit states.

THE ASSOCIATED PRESS

O'Donnell's daughter found safe and sound

CHELSEA O'DONNELL

Teen missing since Aug. 11 found hiding in New Jersey

Rosie O'Donnell's teenage daughter was "of sound mind and body" when she was found in New Jersey after she left home for a week, police in New York said Wednesday.

Sgt. Daniel Wilson said Chelsea O'Donnell was found by South Nyack police a day earlier in Barnegat, N.J., at the house of a male she was "recently acquainted with." He didn't describe the relationship.

Chelsea declined medical attention, and "she did not appear to be in any mental distress," he said.

She had left the family's home Aug. 11 with a therapy dog, and her mother's concern was intensified because she had not been taking needed medication. Chelsea suffers from mental illness,



Rosie O'Donnell and daughter Chelsea in 2010. THE ASSOCIATED PRESS/ALL OTHER PHOTOS GETTY IMAGES

according to her mother's spokeswoman, Cindi Berger.

Rosie O'Donnell lives in South Nyack, about 40 kilometres north of New York City, and police there had been involved in searching for Chelsea since Aug. 16. In the interim, Chelsea made contact with

third parties, so police "didn't believe that there was any immediate danger," Wilson said.

South Nyack police informed Barnegat police on Tuesday that they believed Chelsea was there. Police went to the residence and although the person answering the door initially did not want to reveal Chelsea's pres-

ence, police said they would not leave until she came out. She then appeared and willingly left with police.

Wilson said Rosie O'Donnell was co-operative and involved authorities because "several days had gone by and she wanted her daughter back."

O'Donnell also issued a statement and tweeted Tuesday that her daughter was missing, appealing to the public for help.

"It has been a difficult road for Chelsea and her family and they just want her back safe," Berger had said.

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What they're asking

With the cost of single-family homes on the rise in Canada, the townhome is an economical alternative to first-time purchasers looking to get into the market, while offering more living space than a conventional condo. Check out this great selection of newer and brand new, two-bedroom townhomes. **Duncan McAllister** FOR METRO

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\$294,900

Calgary

Here's a townhome at 177 Rainbow Falls Manor, located in Chestermere, just east of Calgary. The open floor plan offers a spacious living room, dining area and ample kitchen. The main floor also has a two-piece bathroom. The upper level offers a loft, a four-piece bath and two large bedrooms. The lower level is fully-finished with a family room, a two-piece bath, laundry room and storage area. The property is close to walking paths, schools, shopping and other amenities. Listing agent Tim Lind is a sales representative for RE/Max Real Estate, Mountainview, 403-333-0837.



\$279,900

Halifax

Here's a new townhome at Waterberry Park in Bedford, N.S. Amara Developments is offering a two-bedroom design that's ready for move-in. The units feature detailed exterior elements, in brick, stone and wood, and are finished with hard-surface flooring and stone countertops. The main floor has oversized windows and nine-foot ceilings. There's a top-floor laundry and a two-toned, hardwood staircase throughout the home. Listing agent Jeff Kielbratowski is a sales representative with Royal LePage Atlantic Realty, 902-877-1787.



\$399,900

Winnipeg

Located in the Royalwood neighbourhood, this open-concept, executive-style condo townhome was built in 2014. The unit features an open-style great room with large windows, a large kitchen with stainless steel appliances and granite counters, maple hardwood floors and patio doors leading out to a large, sunny deck. The master bedroom has a walk-in closet and ensuite bath, and a second bedroom with full bath and walk-in shower. Listing agent Dave Heinrichs is a sales representative with Royal LePage Dynamic Real Estate, 204-479-9222.



\$298,000

Ottawa

For sale is this stacked condo townhome in Elmvale Acres, with 1,012 sq. ft. of open-concept living space. The corner unit has lots of upgrades including hardwood on the main floor, custom blinds, granite countertops, a breakfast bar and appliances. There are two bedrooms on the lower level and a balcony off the living room. The unit is located close to downtown, transit, shopping and hospitals, with parking right outside the door. Listing agent Kerry Millican is a sales representative with Royal LePage Team Realty, 613-290-2990.



\$709,000

Vancouver

This new, two-bedroom unit in the Kitchener Mews is one of 10 new townhouses built by a premier Vancouver builder. The unit features 1,000 sq. ft. of living space, and listing agent Dale Mounzer says that the homes boast solid construction and well-designed living spaces, situated in one of the city's most sought-after areas. Just 10 minutes from the downtown core, the property boasts a walk score of 98. All homes include secure, underground parking and storage lockers. Mounzer is an associate with Macdonald Realty Ltd., 604-689-5115.



\$289,800

Toronto

Here's an open-concept design with a modern layout, located in the east-end neighborhood of Victoria Village. The two-bedroom townhome has extra-high ceilings, a split-bedroom layout, a large kitchen and front terrace with barbecue area. Listing agent Ira Jelenik says that thousands have been spent on upgrades, including floors and appliances. The unit is located in a family-friendly neighborhood close to transit, shopping, schools and parks. Jelenik is an associate with Harvey Kalles Real Estate Ltd., 416-441-2888.



\$389,800

Edmonton

This three-storey townhome in the Serenity Gardens community is a modern, 1,539-sq-ft. unit with two bedrooms, a den and a loft. The home features espresso-coloured hardwood flooring on the main level, dark wood cabinetry, a kitchen island with an eating area and stainless steel appliances, which are all included, as well as a gas barbecue hookup. The property is in an excellent location in Pleasantview, minutes to Southgate, the university, and downtown. Listed by Darlene Strang, an associate broker with RE/Max Real Estate, 780-908-3131.

Leave a small lunch footprint

Tanya Enberg
For Metro

If you have children heading back to school, it's time to prepare for all of those litterless lunches ahead.

The litterless lunch is exactly that — no garbage shall be left behind. In other words, everything your child brings



to school with them — from juice boxes, snack bags and napkins to apple cores and banana peels — will return home with them at the end of the day.

With this in mind, stocking up on smart, reusable, eco-minded supplies designed to keep food fresh and safe, while being easy to clean and store, is a top priority for parents.

"Litterless lunch programs in schools mean they bring all the mess home with them," says Elena Delli Pizzi, category manager at Staples Canada.

And that could get very messy.

"Everything must be washable," she stresses.

"Reusable lunch containers, water bottles and cutlery are convenient



because they can be placed in the dishwasher and are eco-friendly."

To create successful waste-free lunches, write a list of items you will need before shopping. This may also include reusable cutlery, washable napkins and an insulated lunch bag that is easy to wipe down to eliminate bacteria.

The growing popularity of welcoming waste-free lunches in schools and daycares across Nova Scotia is steering caregivers away from pre-packaged foods, further reducing excessive

packaging, while providing fresher, healthier meal alternatives for youngsters.

"All of our lunch bags are fully insulated so they keep food cold, and we offer an assortment of hard and soft ice packs as well as ice mats," says Delli Pizzi of the importance of safely storing food for several hours before the lunch bell rings.

Look for dishwasher safe, BPA-free and leak-proof containers.

Plastic is popular because it tends to be light, helping minimize excessive backpack cargo. Stainless steel containers are also a top choice as they are durable, food safe and lightweight.

Always look for high quality containers with lids that snap shut securely for an airtight seal to keep food fresh and safe, while preventing annoying spills, and choose a variety of sizes and styles.

Smaller containers are great for side dishes of fruit, veggies and sauces, and larger ones ideal for mains, such as sandwiches, salads and pasta. Bento box styles keep food nicely separated in one compact compartment for happy-kid lunching.



Clockwise from top left, Skip Hop Zoo Lunchie Set, under \$34 at Overstocked.com; Crocodile Creek's Vehicles pack-and-go lunch box, \$19.99, at Indigo.ca; Crocodile Creek's Fairy ice pack set, \$6.99, at Indigo.ca; Crocodile Creek's 400 ml Robot drinking bottle, \$11.99, at Indigo.ca; Insulated Hearts Lunchbox, \$11.95 from Children's Place; Animal Lunch Pack, \$17, from MEC; Aladdin Collapsible Bowl Set, \$23 at MEC; Juice in the Box, \$12.98 at Staples.

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Henderson's hockey years serving her well in LPGA

CANADIAN WOMEN'S OPEN

Rising teen star says time on ice gave her mental solidity

Brooke Henderson believes the time she spent between the pipes growing up can give her a big assist this week as she tries to become the first Canadian in more than 40 years to win Canada's national women's golf championship.

Before she turned to golf Henderson was a hockey goaltender. The 17-year-old from Smiths Falls, Ont., will take some of the mental toughness she learned on the ice into this week's \$2.25-million US Canadian Pacific Women's Open.

"To be a goalie you have to be a little bit strange, a little bit odd," said Henderson, prompting laughs during a news conference. "I think that has really helped me along the way mentally preparing for not only professional golf, but golf in general."

"A shooter coming down on you, and you have a one-goal lead, it's a lot of pressure. The whole team is counting on you. It's the same when you have a three-foot birdie putt to win a championship or make the cut. It's the same kind of pressure."

Henderson was thrust into the spotlight this week after win-



Brooke Henderson is the third-youngest LPGA Tour event winner ever JONATHAN FERREY/GETTY IMAGES

ning her first LPGA event with an eight-stroke victory Sunday at the \$1.3-million US Cambia Portland Classic. That made her the first Canadian to win an LPGA event since Lorie Kane of Charlottetown in 2001. She also is the Tour's third-youngest champion ever at 17 years 11 months six days.

The win prompted the LPGA to grant Henderson full membership on Tuesday, meaning she won't have to play Monday qualifying tournaments for the rest of the season. She faced having to qualify because she had exhausted all six of her sponsor's exemptions previously this season. Gaining her tour membership on the eve of her national tournament was special for Henderson.



I think that has really helped me along the way mentally preparing for not only professional golf, but golf in general.

Canadian LPGA star Brooke Henderson on how playing ice hockey in her youth helped her game

"I don't think it could have worked out any better," she said. "I'm pretty far from my home but still in Canada with all the

Canadian support and fans."

The last Canadian to win an LPGA Tour event on home soil was Jocelyne Bourassa in 1973 in La Canadienne, the precursor to the Canadian Women's Open. Her victory, in a playoff at Montreal, earned the Shawinigan, Que., native \$10,000.

+ THE FIELD

The field of 156 players, including 14 Canadians, is deep in talent.

Among those to watch are Inbee Park of South Korea, ranked No. 1 in the world, who won the recent Women's British Open; Lydia Ko of New Zealand, a two-time winner of the CP Women's Open, who is currently ranked second in the world; American Stacy Lewis, who has won 11 Tour titles during her career and is No. 3 in the world; and Norway's Suzann Pettersen, who has 15 Tour titles to her credit and is tied for seventh in the world rankings.

THE CANADIAN PRESS

IN BRIEF

Sailing body won't test Rio Olympic waters for viruses until WHO says necessary

Sailing's world governing body said Saturday it does not plan to conduct viral testing in Rio de Janeiro's polluted Guanabara Bay, the venue for sailing and wind surfing at next year's Olympics.

Dr. Nebojsa Nikolic, top medical official for the International Sailing Federation, told The Associated Press "we will certainly not do this" until the World Health Organization comes out with what he called a "firm statement."

The issue of increased testing for Rio's polluted waterways has drawn attention since an independent five-month analysis by AP published July 30 showed dangerously high levels of viruses from human sewage at all Rio Olympic water venues. THE ASSOCIATED PRESS

Spurs legend Duncan wins Twyman-Stokes award

San Antonio Spurs forward Tim Duncan has been named the Twyman-Stokes Award winner given annually to the NBA's teammate of the year.

A panel of NBA stars from the past nominated a panel of six candidates. Then nearly 300 active players voted for the winner.

Duncan received 72 first-place votes. Vince Carter of the Memphis Grizzlies finished second and Atlanta's Elton Brand finished third.

THE ASSOCIATED PRESS

Hall of Fame awaits for former TFC star Brennan

Jim Brennan left home at 17 to pursue his soccer dream. Despite a shaky start, it turned out to be the first major step of a Hall of Fame career that saw the winger/fullback make headlines on both sides of the Atlantic.

The native of Newmarket Ont., went on to play Bristol City for Nottingham Forest, Norwich City and Southampton before returning home to become Toronto FC's flagship player.

Brennan, Kara Lang and Pat Onstad will officially be inducted into Canada's Soccer Hall of Fame on Nov. 8 in Vaughan, Ont.

THE CANADIAN PRESS

NFL

Judge says Brady's suspension could be scrapped

Tom Brady might have reason to practice more intensely after a federal judge made clear Wednesday that the NFL's four-game suspension of the New England Patriots quarterback over "Deflategate" is in jeopardy.

U.S. District Judge Richard M. Berman, who's been asked by NFL Players Association to void the suspension, warned a league lawyer during oral arguments that there was precedent for judges to toss out penalties issued by arbitrators in the scandal over underinflated footballs. Berman continued to push for

a settlement in the dispute — a potential result he called "rational and logical." But throughout the hearing, he also cited several weaknesses in the way the NFL handled the controversy that could become the basis for handing a victory to Brady.

After the hearing, Berman met behind closed doors with both sides for more than an hour before the lawyers left court, saying the judge asked them not to discuss the negotiations publicly. If there is no deal, the Manhattan judge has said he hopes to rule by Sept. 4, six days before the Patriots

host the Pittsburgh Steelers in the NFL's season-opening game.

Neither Brady nor NFL Commissioner Roger Goodell was in court Wednesday. Brady returned to Patriots practice after participating in negotiations with Goodell a day earlier.

The league announced in May that it was suspending Brady over allegations he conspired with two Patriots equipment employees to deflate footballs below what league rules allow to give him a competitive edge in New England's victory over the Indianapolis Colts in Janu-

DISPUTE

Judge Berman questioned Goodell's defence of the Brady punishment on the grounds that it was comparable to penalties on players caught using performance enhancing drugs.

ary's AFC championship game. Goodell, who by contract can act as an arbitrator for labour disputes, upheld the suspension, touching off the legal battle.

THE ASSOCIATED PRESS



New England's Tom Brady STEVE HELBER/THE ASSOCIATED PRESS

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Greg Bird drove in four runs on Wednesday in New York. AL BELLO/GETTY IMAGES

Bird in Yanks' hands worth 2 out of yard

MLB

Bronx Bombers sweep 3-game series vs. Twins

Greg Bird shrugged his shoulders a few times, gave a bashful smile or two and talked about how he's just honoured to be helping his Yankees teammates. Nothing seemed to phase this 22-year-old rookie.

Not even those two soaring homers he hit in his fourth big-league start.

Bird hit a pair of two-out, two-run drives Wednesday, supporting an overpowering effort

WEDNESDAY In N.Y.

4	3
YANKEES	TWINS

by Nathan Eovaldi and leading the New York Yankees to a 4-3 victory over the Minnesota Twins for a three-game sweep.

"His composure. You feel like he's been here already six months," teammate Chase Headley said. "He's very calm."

Eovaldi (13-2) did not allow a baserunner until Chris Herrmann singled with one out in the sixth. Topping 100 m.p.h. on

the scoreboard radar a handful of times, Eovaldi was touched for three runs in the inning when he lost command of his secondary pitches.

In seven electric innings, Eovaldi gave up four hits and struck out eight. He walked three in improving to 8-0 in his last 11 starts since June 20.

Dellin Betances pitched a perfect ninth for his eighth save for the AL East leaders, winners of six of seven.

Called up from Triple-A on Thursday, Bird has been in the lineup since replacing Mark Teixeira on the field Monday night after the switch-hitter fouled a ball off his right shin.

+ AL EAST RACE

The Blue Jays were 1.5 games behind the Yankees going into Wednesday night's game against the Phillies. Go to metronews.ca for coverage of that contest.

He connected twice off Ervin Santana, who fell to 0-8 in his last 11 starts against New York.

"This whole week's been crazy," Bird said, "but at the end of the day I'm just trying to do my job here, nothing more nothing less." THE ASSOCIATED PRESS

New BoSox president: I won't 'blow up' team

New Red Sox president of baseball operations Dave Dombrowski thought enough of the team to pick Boston over other suitors.

Now he's going to spend the next six weeks trying to figure out what's worth keeping — in the front office, on the field at Fenway Park and in the minor leagues.

"I'm not here to blow up the organization," Dombrowski said at a Fenway Park news conference on Wednesday, a day after he was hired. "They have a lot of good people here."

Speaking to reporters a day after a mid-game shakeup

+ DOWN YEAR

Boston entered Wednesday with a 53-66 record, 14 games behind rival New York in the AL East.

that left general manager Ben Cherington on the outs, Dombrowski said he would be hiring a general manager but was in no rush. He did not discuss the future of manager John Farrell, who is on leave from the team after being diagnosed with what he said was a treatable form of cancer. THE ASSOCIATED PRESS

MRI shows Puig has strained hamstring

Los Angeles Dodgers right-fielder Yasiel Puig underwent an MRI exam on his injured right hamstring Wednesday that showed a mild strain, and the medical staff doesn't expect him to need a stint on the disabled list.

Puig was held out of the lineup for the NL West-leading Dodgers in their Wednesday afternoon interleague finale against the Oakland Athletics — a 5-2 loss — and with Thursday's off day will have two full days of rest. The hope is he will test out his leg Friday at Hous-

ton and play sometime during the weekend series against the Astros.

Puig was injured again just as he got on a nice roll. He has hit safely in six of his last seven games, batting .333 with two home runs, a triple and six RBIs since Aug. 11. He is hitting .250 with 10 homers and 35 RBIs in 72 games overall.

THE ASSOCIATED PRESS



Yasiel Puig
GETTY IMAGES

RECIPE Grilled Chicken with Corn Salsa



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 15 minutes

Cook time: 25 minutes

Serves 6

Ingredients

- 1/2 cup barbecue sauce
- 3 Tbsp cider vinegar
- 1 Tbsp molasses
- 1/4 tsp hot pepper sauce
- 1 1/2 lb boneless skinless chicken breasts
- 1/2 cup canned corn kernels, drained
- 1/2 cup diced red bell pepper
- 1/2 cup canned black beans, drained and rinsed
- 1/4 cup chopped green onion
- 3 Tbsp chopped cilantro or parsley

Directions

1. Whisk the barbecue sauce, vinegar, molasses and hot pepper sauce in a bowl. If you have time, marinate the chicken in the sauce for at least 30 minutes. Cover with

plastic wrap and refrigerate.

2. For the salsa, spray a non-stick skillet with cooking oil. Place over medium heat, and sauté the corn and red pepper until the corn begins to brown, about five minutes. Stir in the beans, onion and cilantro. Set aside.

3. Remove the chicken from the marinade, and set the marinade aside in a small saucepan.

4. Preheat the barbecue or a non-stick grill pan to medium and spray with cooking oil. Cook the chicken over medium-high heat for 10 minutes per side, or until temperature reaches 165 F.

5. While the chicken is cooking, bring the reserved marinade to a boil and boil for five minutes. Serve the chicken with the sauce and salsa on the side.

Nutrition per serving

- Calories 205
- Protein 28 g
- Carbohydrates 16 g
- Total fat 2 g
- Cholesterol 66 mg
- Sodium 270 mg

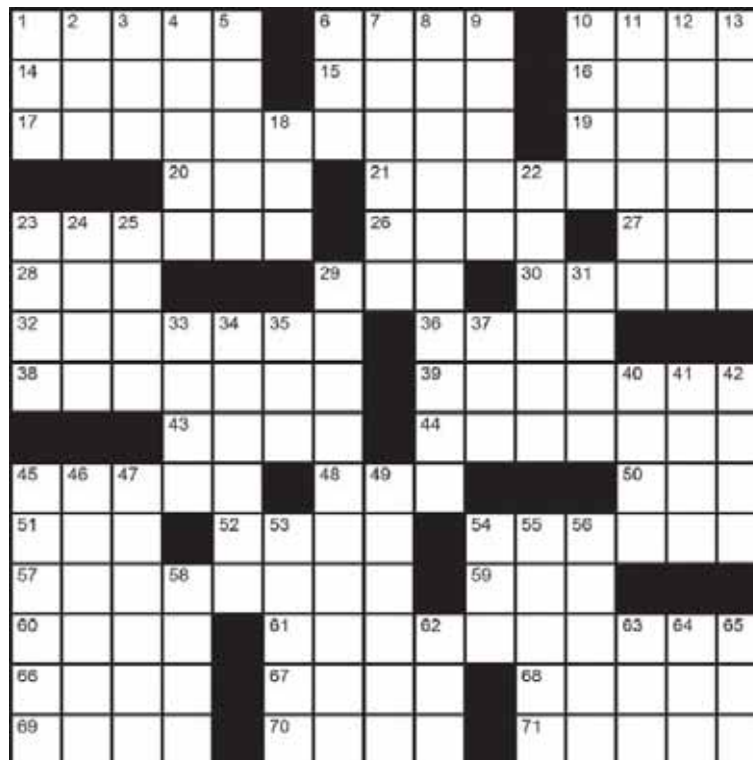
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Comp. help givers
- Falls asleep, with Off
- Cobbler's tools
- "The Good in Everyone" band from Halifax
- Catch
- Decoy
- Narrow escape: 2 wds.
- Being
- Ink-on-skin pic
- Material used for making mechanical toys back in the olden days
- Crossword's friend
- Un-evens
- "The Fresh Prince of _Air"
- William Tell's canton
- For
- Risky/complicated
- Pasta dish
- Laboratory bottle
- Level/squash
- Towards the middle
- Partner of Pete and Julie on 1968 to 1973 series "The Mod Squad"
- Formal surrendering, as of territory
- Jiggly dessert
- Informally seat the theatre-goers
- Air Supply's "Just _ _ Am"
- Disney deer
- Waistcloth



54. Sculpting hammer

- Like the sound of chalk on the board
- Lacto- _ vegetarian
- Plug away
- Wildlife park attraction near Hamilton, African _ _
- Wax-coated

cheese

- Ms. Skye of "Say Anything..." (1989)
- Work the fashion runway
- Soaks flax
- Tire: French
- Uses the keyboard

DOWN

- QVC equivalent in Canada
- Building wing
- Dove's murmur
- Must: 2 wds.
- _ _ preview (Special movie showing)
- _ _ degree
- Speechmaker
- Lolita _ (London,

Ontario born actress of 1998's "Gods and Monsters")

- Fork out
- Eden offspring
- Sushi condiment
- One putting a home on the market, say
- _ _eyed gaze
- After-R trio

- "Fiddlesticks!" and "Poppycock!"
- Jan & Dean's " _ City"
- _ _ Mountains (Range in Russia)
- Canadian fashion makeover show, " _ on a Dime"
- _ _ Cactus (Plant found in southern parts of the Prairies, it looks like an item in a sewing kit)
- Sigher's word
- " _ _do." (This will suffice)
- Futile
- "1-2-3" singer Mr. Barry
- 'Serpent' tail?
- Currency in Oman
- Medicine amount
- Huffy-puffy mood
- Royal court entertainer
- Make the message secret
- Cowboy's corraler
- George Harrison, as a Beatle = The _ _
- At _ _ (All at once)
- Rap artist, _ Def
- Stop, in sailing
- Elevated
- Tree types
- Modern, in Munich
- Alsatian artist Jean
- 'Street' in Montreal
- TGIF part

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

You may not change your opinion often but when you do you really do — it's more a transformation than an adjustment — and that will happen today. You will be a totally different, and better, person come morning.

♉ Taurus April 21 - May 21

Is it possible to have too much of a good thing? You will get everything you desire today, plus a few things you didn't even know you wanted.

♊ Gemini May 22 - June 21

No matter how much you want to help other people, you must help yourself first. What good will you be to others if you are constantly worrying about paying the bills? Financial security must come first.

♋ Cancer June 22 - July 23

Today marks an ending of some sort. The good thing about endings is that they make new beginnings possible, so don't get upset if you have to say goodbye to something you cherish.

♌ Leo July 24 - Aug. 23

Aim high and refuse to accept second best. That applies especially to relationships. If you forget everything else over the next 24 hours at least remember the three Ls: Love, laugh and learn.

♍ Virgo Aug. 24 - Sept. 23

Travel plans could be disrupted but there is no point getting angry about it. If you find yourself stranded, just look around a bit and admire the scenery.

♎ Libra Sept. 24 - Oct. 23

You may find a colleague unusually obstructive today, but don't cross them off your list yet because the planets suggest it is not their fault. They too are coming under pressure from people further up the hierarchy.

♏ Scorpio Oct. 24 - Nov. 22

There is no point trying to run away from your problems. The more constructive part of your nature knows it must face them head on. Life may be tough but you can be tough too.

♐ Sagittarius Nov. 23 - Dec. 21

Someone will come to your rescue and do what has to be done with no questions asked and no thought of reward. You should be grateful to have friends as good as this.

♑ Capricorn Dec. 22 - Jan. 20

You need to make up your mind and choose between equally appealing alternatives. Don't fall into the trap of thinking that you can have it both ways because most likely you will end up with nothing.

♒ Aquarius Jan. 21 - Feb. 19

You are holding on too tightly and strangling the life out of a situation that needs a lighter touch. You don't have to be master of all you survey. You only have to master yourself.

♓ Pisces Feb. 20 - March 20

You will be generous today and others will be generous back. Look past superficial differences and realize that we are all very much the same under the skin.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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